

HPAO – Federal Benefits from Service Canada Zoom Event	Event Date: Oct 7, 2026	Colin
Executive Summary, Resources	Revision Date: Oct 8, 2026	Page 1 of 3

Introduction

On October 7, 2026, our Hydro Pensioners Association of Ontario – Toronto District held our ninth Zoom event of 2026.

Our guest speaker was Imran Nayani, a *Citizen Services Specialist* with Service Canada's [Community Outreach and Liaison Services Team](#) in the Toronto area.

Imran presented about senior-specific Federal Programs that are supported by Service Canada (as opposed to tax programs supported by the CRA, such as RRSPs and TFSAs). At the request of the presenter, this Zoom event was not recorded.



Executive Summary and Resources

[Here's a list of Service Canada Programs and Services.](#)

1. [Social Insurance Number cards.](#)

- Service Canada no longer issues plastic cards. Plastic SIN cards can still be used.
- If you lost your card or if it is damaged, you can [request a Confirmation of SIN](#) and you will receive a letter in paper or digital format.

2. [Employment Insurance Benefits.](#)

You or family members may be eligible for

- [Regular Benefits.](#)
- Special Benefits, including [Sickness](#), [Maternity](#), [Family Caregiver Benefits for adults and children.](#)

HPAO – Federal Benefits from Service Canada Zoom Event	Event Date: Oct 7, 2026	Colin
Executive Summary, Resources	Revision Date: Oct 8, 2026	Page 2 of 3

3. [Canada Dental Care Plan \(CDCP\)](#).

- Not applicable if you have other dental coverage. But neighbors, friends, or children may not have coverage and could benefit.
- The Benefit period runs from July 1 to June 30 of the following year. [You must apply to renew every year](#) by June 1 for uninterrupted coverage.
- [Lots of important services](#) are covered.

Canada's Retirement Income System consists of [Public Pensions](#), Private Pensions, and Savings.

4. [CPP Canada Pension Plan](#).

- Includes Retirement pension, [CPP Post-Retirement Benefit](#), [CPP Post-Retirement Disability Benefit](#) (before age 65),

5. [OAS Old Age Security](#).

- Normally starts at age 65. Imran recommends to apply 6 months before you want to receive it.

6. [GIS Guaranteed Income Supplement](#).

- Supplement for low-income seniors. Based on income. Ensure that your tax-returns are up-to-date.

7. [MSCA My Service Canada account](#).

- This is separate and distinct from your MyCRA account.
- You can apply for and check access re the above services and more with this account.
- You may need [a GCKey code](#) to setup your MSCA.

8. [Canada.ca for Seniors](#).

- A portal for Programs and services for seniors.

HPAO – Federal Benefits from Service Canada Zoom Event	Event Date: Oct 7, 2026	Colin
Executive Summary, Resources	Revision Date: Oct 8, 2026	Page 3 of 3

9. [New Horizons for Seniors.](#)

- The New Horizons for Seniors Program (NHSP) is a federal grants and contributions program. It provides funding for projects that make a difference in the lives of seniors and in their communities.

10. [Recognizing Scams and Fraud.](#)

- Government of Canada staff will never ask for financial information by email, or ask you to click a link.
- Report fraud to your financial institution and the [Canadian Anti-Fraud Centre](#).

11. [Passport Services.](#)

- Service Canada locations can accept and review standard applications, for forwarding to a Passport Processing Centre.

12. Accessing Service Canada Services.

- [Canada.ca](#).
- [Service Request Form](#) (to avoid long telephone waits). Submit this form and a representative will contact you by telephone within two business days.
- [1-800-OCANADA](#) or 1-800-622-3232.
- [Visit a Service Canada centre near you.](#)
- [Service Canada YouTube channel](#).

13. Extra Resources. Courtesy of Imran Nayani of Service Canada.

- 1) [Canadian Dental Care Plan Pamphlet](#).
- 2) [GIS Renewal Handout](#).
- 3) [Service Canada Seniors Handout](#).
- 4) [Service Canada Summary of CPP and OAS Benefits](#).
- 5) [Canada.ca Learn and Plan for your Retirement](#).

These resources are available 24x7 on our website at the *Event Info > Zoom Follow Ups 2026* page ([click here](#)).